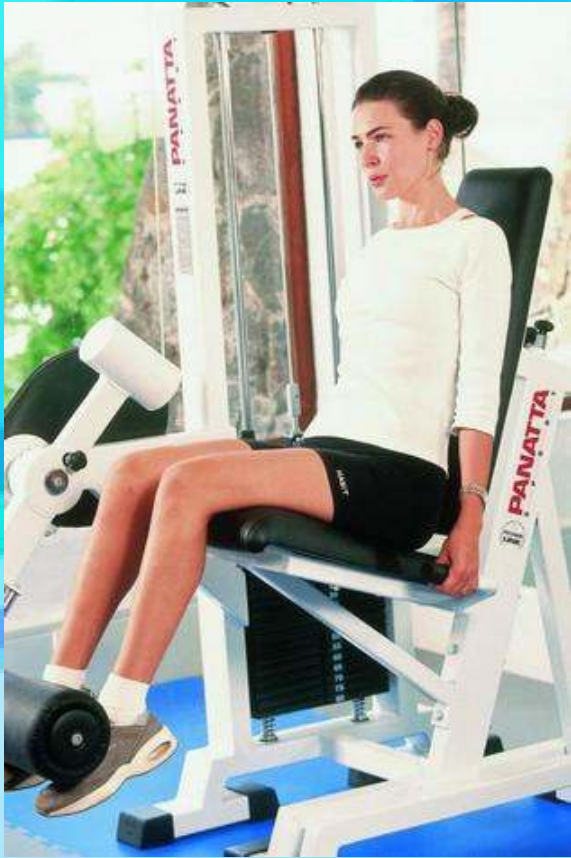


Exercise Daily for 30 Minutes



Start early by keep joints flexible, healthy heart, skin glowing, and energy levels high.

Protect Yourself From Prolonged Exposure To The Sun



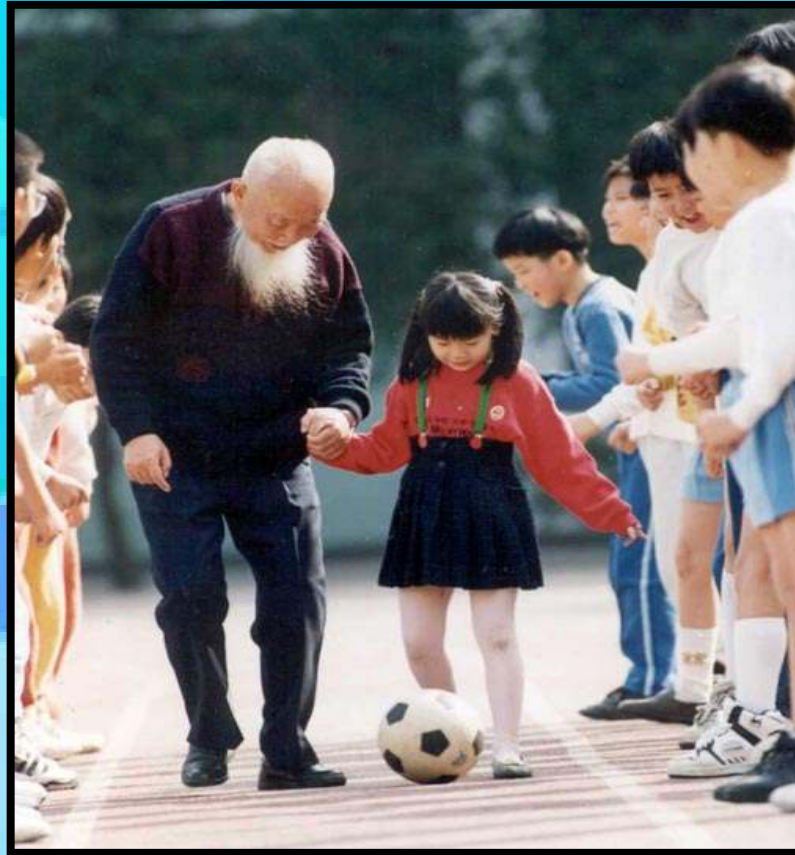
Although studies show that we need 10 minutes of unprotected sun every day, any more exposure than that (even with sunscreen) can be damaging. Make sure you wear sunscreen every day before leaving your house. **Start now before the damage is done.**

Sleep at Least 8 Hours Every Night



Getting plenty of quality, sound sleep allows your body to rest, recharge, repair, and replenish so you'll be ready to go the next day. **Lack of sleep can cause you to age faster.**

Simplify Your Life



Knowing what really matters and putting your time and energy there is a great help for living fully. It's not the material things that bring true happiness, its friends, family, good food, pets, and time spent doing things you most enjoy.

Get Inspired By Life



Picking up a new hobby, finding a new challenge, or reading more will stimulate your brain.

The earlier the better.

Hydrate Your Entire Body



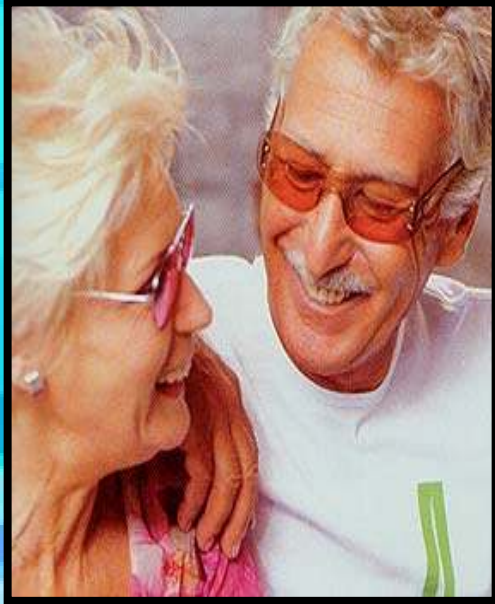
Dry skin ages prematurely, so use good moisturizing lotion to keep your skin looking young. Also drink 8 glasses of pure water everyday to purify your health.

Eat Fresh Whole Foods



Real, unprocessed food is what our bodies need. Junky empty calories may satisfy a temporary craving, but whole foods are what keeps us feeling and looking our best.

Have a Positive Attitude



This is probably the single most important determining factor for living a long and happy life. Having an optimistic attitude will keep you healthier in every aspect of life. **Be positive now.**

Be A People Person



Join local organizations **NOW** to socialize with others in the community. Reach out and try to help someone every day. By getting involved we feel more engaged with life.

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